

Variable	Mean	Standard deviation	Minimum	Maximum
Age	35.5	10.5	20	65
Gender	0.5	0.5	0	1
Marital status	0.5	0.5	0	1
Education	12.5	1.5	10	15
Income	15.5	5.5	10	25
Health status	0.5	0.5	0	1
Smoking status	0.5	0.5	0	1
Alcohol consumption	0.5	0.5	0	1
Exercise frequency	0.5	0.5	0	1
Stress level	0.5	0.5	0	1
Sleep quality	0.5	0.5	0	1
Appetite	0.5	0.5	0	1
Weight change	0.5	0.5	0	1
Blood pressure	120/80	10/5	90/60	160/100
Blood sugar	100	20	70	130
Cholesterol	200	50	150	250
Triglycerides	150	40	100	200
Hemoglobin A1c	5.5	0.5	4.5	6.5
Heart rate	70	10	60	80
Respiratory rate	12	2	10	14
Temperature	37.5	0.5	36.5	38.5
Weight	70	10	50	90
Height	170	10	150	190
Body mass index	24	3	18	30
Waist circumference	80	10	60	100
Hip circumference	90	10	70	110
Neck circumference	35	5	30	40
Arm circumference	30	5	25	35
Calf circumference	35	5	30	40
Shoe size	9	1	7	11
Hand size	18	2	16	20
Foot size	25	3	22	28
Eye size	12	2	10	14
Nose size	10	2	8	12
Mouth size	8	2	6	10
Ear size	6	1	5	7
Thumb size	5	1	4	6
Index finger size	6	1	5	7
Middle finger size	7	1	6	8
Ring finger size	8	1	7	9
Pinky finger size	9	1	8	10
Hand span	18	2	16	20
Arm span	180	10	160	200
Leg span	100	10	80	120
Wing span	180	10	160	200
Reach	100	10	80	120
Balance	0.5	0.5	0	1
Coordination	0.5	0.5	0	1
Agility	0.5	0.5	0	1
Endurance	0.5	0.5	0	1
Speed	0.5	0.5	0	1
Strength	0.5	0.5	0	1
Flexibility	0.5	0.5	0	1
Balance (2)	0.5	0.5	0	1
Coordination (2)	0.5	0.5	0	1
Agility (2)	0.5	0.5	0	1
Endurance (2)	0.5	0.5	0	1
Speed (2)	0.5	0.5	0	1
Strength (2)	0.5	0.5	0	1
Flexibility (2)	0.5	0.5	0	1
Balance (3)	0.5	0.5	0	1
Coordination (3)	0.5	0.5	0	1
Agility (3)	0.5	0.5	0	1
Endurance (3)	0.5	0.5	0	1
Speed (3)	0.5	0.5	0	1
Strength (3)	0.5	0.5	0	1
Flexibility (3)	0.5	0.5	0	1
Balance (4)	0.5	0.5	0	1
Coordination (4)	0.5	0.5	0	1
Agility (4)	0.5	0.5	0	1
Endurance (4)	0.5	0.5	0	1
Speed (4)	0.5	0.5	0	1
Strength (4)	0.5	0.5	0	1
Flexibility (4)	0.5	0.5	0	1
Balance (5)	0.5	0.5	0	1
Coordination (5)	0.5	0.5	0	1
Agility (5)	0.5	0.5	0	1
Endurance (5)	0.5	0.5	0	1
Speed (5)	0.5	0.5	0	1
Strength (5)	0.5	0.5	0	1
Flexibility (5)	0.5	0.5	0	1

[illegible]